

# “It’s What We Do!”



**131st Fighter Wing  
Missouri Air National Guard**

**No. 3  
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## Lambert Field holds Phase I exercise

**by Staff Sgt. Cathy Lirette  
Editor**

In order to meet the annual requirement for a large-scale mobility exercise, the 131st Fighter Wing is having a base-wide Phase 1 Mobility, Generation and Re-Generation exercise April 26 and 27.

According to Col. Bob Leeker, Inspector General for the exercise, the purpose of the Phase 1 is to ensure the Wing, and ultimately the Wing commander, can mobilize, process and deploy the necessary people to meet mission requirements.

“This exercise will simulate every facet of a real-world mobilization,” said Leeker. “A simulated warning order has been received by Col. Brandt identifying the Unit Type Codes (UTC) that will simulate deploying in accordance with an existing deliberate plan. Those UTCs consisting of personnel and equipment will prepare to deploy as if they were actually deploying.”

According to Maj. Mark Beck, a member of the planning committee for the

future Operational Readiness Inspection (ORI), the aviation package is the largest UTC the Wing has. This UTC contains maintenance, supply and operations personnel as well as the F-15 aircraft and all associated equipment required to maintain the aircraft.

The exercise scenario is a base-wide mobilization to Base X in which the 110th Fighter Squadron will be expected to be self-sufficient in the performance of the assigned mission. Upon unit activation, the 110th Fighter Squadron is comprised of operations, maintenance and supply personnel.

“The exercise will touch upon almost every member of the Wing,” said Beck. “From maintenance to the supporting services, everyone will have some part in this exercise.”

During the week starting April 21st, units will pack and palletize equipment. On Saturday April 26th, personnel and equipment will begin processing processing by assembling into chocks to deploy or simulate airlift per

the direction of 1st Lt. George Mell and the Plans and Logistics office.

Generation of the aircraft includes all the tasks necessary to make the aircraft capable of surviving and completing the mission in a hostile environment. The exercise will also simulate deployment and

culminate with the F-15s actually taking off to fly a local area mission.

Some of the objectives of the Phase I exercise are that people are processed in an orderly and timely fashion, equipment is packaged and processed

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*Photo by Staff Sgt. Cathy Lirette*

### Target Practice

This helicopter is one of the many targets fired upon by pilots utilizing Cannon Range. The purpose of the range is to provide an area for aircraft to deliver weapons onto realistic tactical targets. For more information on Cannon Range, turn to pages 6, 7 and 8.

# Commander's Message: 'It's What We Do!'

by Col. Michael Brandt  
131st Fighter Wing Commander

You have all seen this slogan and I have talked about it before, and I want to make sure you see all the sides of this statement. When I say "It's What We Do!", it carries many meanings. The one I want to concentrate on right now is the daily grind.

We all face any number of situations on a daily basis: problems, personalities, poor management decisions, poor communication, and just plain bad luck. When I say It's What We Do!, I mean you approach all of these daily irritants with a broader perspective.

First, let's develop realistic expectations about the job you do, the place you do it and who you do it with: a military organization that is made up of Civil Service employees, AGRs, State employees, traditional Guardsmen and a union. Are there going to be disconnects? You bet. Are these disconnects fixable? You bet.

Here is my take: 99.9 percent of the people that work here are doing their best almost everyday. I say almost because I

am realistic enough to know, and to feel it myself, that some days are better than others. If we recognize that people are doing their job but, on any given day, they may have other priorities, then we can develop realistic expectations about how and when they can help resolve our issue. Pie in the sky, right?

It's reality and by taking a broader perspective and taking into consideration that there are many sides to every situation, it can help you be a bit more patient. It's What We Do! and you will face obstacles. Try not to be one of them.

An example: Today we are being jerked around by the events that shape our world. We mobilize, deploy, fly, process and take care of training. Some people are being called, others are not. What's with that? Part of "It's What We Do!" is understanding the time honored military philosophy: hurry up and wait.

So we do what we do: train, prepare, get ready and stand by. It is part of the job. Is it frustrating? Yes, but it is a great job, a meaningful job and you should all be proud of your contribution.



Now if I could just get the parking fixed, eliminate drill weekends and night flying...oh well, just another Guard day and I love it!

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correctly and generation of aircraft takes place without any complications.

"In a perfect world everything would go off without a hitch," said Col. Leeker. "However, I expect that we will make mistakes since it is a complex operation with many facets that must seamlessly work together."

He adds that he hopes there are a minimum number of

mistakes made, but that mistakes are part of the process and that it is how we learn and train for the future.

The Phase 1 exercise will begin with guard members arriving for duty at 6 a.m. Saturday. The simulated war will then start at 7 a.m. and progress throughout the weekend.

During these two days, EET members will evaluate a multitude of factors to determine what is done correctly and

where process improvements can be made.

"What I hope to accomplish during the exercise is to bump the rust off our procedures and get everyone thinking about mobility," said Maj. Dave Sveden, Exercise Evaluation Team Chief. "We will be looking to make sure that checklists and procedures are followed; however, this is just an exercise to get ready for the ORI."

According to Col. Leeker,

one of the most important functions of the exercise is to prepare the Wing for the ORI to be held in April of 2005. The ORI will consist of approximately 850 people deploying to Gulfport, Mississippi.

"It is important that we continue to have these exercises, not only to fulfill our requirements, but to ensure we remain a highly trained combat organization, ready to deploy at a moment's notice," concluded Col. Leeker.

**Scooby's  
Den will be  
closed April  
26 and 27**

**"It's What  
We Do"**

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# Guard offers new outreach program

by 1st Lt. Joseph Thomas  
131st Fighter Wing

To bring the war on terrorism to its conclusion, America's armed forces need extensive support – from families, employers, educators, political and community leaders and the media.

The Air National Guard has begun to implement a program called "Your Guardians of Freedom". It is an outreach program for commanders to communicate with each of these key groups, and it will ensure they'll have a sense of partnership and participation in what our airmen are doing to support Operations NOBLE EAGLE and ENDURING FREEDOM.

The organization most immediately affected by an activated Guardsman is the Guardsman's civilian employer. The

Citizen-Airman's absence can create major disruptions. For an employer, the sudden loss of a highly valued employee means that coworkers may have to temporarily shoulder the Guardsman's job responsibilities or, depending on the length of service, the company may have to temporarily fill the job.

During World War II, the U. S. military used "E" flags to recognize companies whose efficient production made major contributions to the overall war effort. Today, as we wage war on terrorism, a contemporary adaptation – a pin with an "E" cradled in the Air Force symbol – recognizes the vital partnership between America's Air Force and the civilian employers of our Air National Guard and Air Force Reserve Command airmen.

Secretary Roche and General Jumper created this program and have personally

thanked more than 50,000 employers by sending each of them a letter and this Air Force employer recognition lapel pin. Secretary Roche and General Jumper also want to thank your employer as well. A website has been created to facilitate the process of sending information, the employer recognition lapel pin and a personal thank you.

To get to the form, type <http://yourguardiansoffreedom.com/thanks/> on the Internet browser or just click on this hyperlink. Then input your reserve component affiliation (ANG) and the state from which you are registering. The form then asks for your rank, name, address and name of your civilian supervisor including company name and mailing address. A second pin can also be sent to the head of your company as well.



Photo by Staff Sgt. Kay McRoberts

## Come rain or shine

Aprils forecast consisted of Christopher Higgins, a meteorologist with FOX 2 News, joining the Missouri Air National Guard April 5. He is currently waiting for a date to attend the Academy of Military Science, after which he will return to Lambert Field and become one of the newest members of the 131st Weather Squadron. His extensive training in weather forecasting will prove to be a valuable asset to both the Wing and the ANG.

## Control pay with myPay

by 1st Lt. Joseph Thomas  
131st Fighter Wing

The online service called myPay offers enhanced services, security and reliability to all customers of Defense Finance and Accounting Service (DFAS.)

It helps enrolled members find information and complete transactions in just three mouse clicks.

"This website allows the member to handle almost all of the transaction online that once required a trip to their finance office, thus providing savings in time and money," said Capt. Donald Brewer, comptroller.

To begin using myPay, first go to [myPay.dfas.mil](http://myPay.dfas.mil) and request a Personal Identification Number (PIN) by mail. When the PIN is received, all users should go back to the [myPay.dfas.mil](http://myPay.dfas.mil) site to manage their pay.

With myPay, users can view, print and save leave and earning statements; change federal and

state tax withholdings; update bank account and electronic fund transfers; manage allotments; edit contact information; purchase U.S. savings bonds; enroll in Control Thrift Savings Plan and view and print travel vouchers.

According to the DFAS, encouraging the use of myPay will save the Department of Defense millions of dollars. By eliminating cost associated with printing and mailing earning statements, myPay would save more than \$6 million for civilian employees alone.

In addition to providing better online customer service, myPay will reduce up to 17 percent of the cost associated with traditional customer service activities now performed in person.

With clear confirmation messages, myPay ensures members can accurately manage statements.

# OPSEC, Force protection essential to ANG

## Courtesy article

In 2002, an Air Force Staff Sergeant deployed to Prince Sultan Air Base, posted photographs of the base on the Internet. Later, that December an Islamic reform group sympathetic to Osama Bin Laden and critical of the United States government, highlighted these photographs in an Internet chat-room.

While the photographs appeared harmless on the surface and didn't directly identify security features, they included images of the dormitories, Base Exchange,

base pool and several other facilities that provided information regarding the shape, size and type of construction of the buildings at PSAB. Accompanying the photos was propaganda intended to incite anti-US sentiment and encourage attacks against US forces in Saudi Arabia and throughout the region. One specific statement called on followers to "Rend and Annihilate" the Americans.

The posting of PSAB photographs to the Internet most certainly increased force protection concerns for Air

Force members worldwide. It also reemphasizes a need to increase the awareness levels of local ANG members about terrorist interests in our personnel and facilities. Practicing good Operations Security (OPSEC) and Force Protection measures are essential to protecting our people, buildings and equipment.

As stated in AFI10-1101, "Antiterrorism relies heavily on OPSEC as a means of denying terrorists targeting information." It further states, "...force protection and antiterrorism protect the

AF's most precious asset — *people...*"

With these statements in mind, all members are encouraged to review and become familiar with the OPSEC and Force Protection measures as they apply locally. As members of the Air National Guard, it's our responsibility to ensure we don't provide terrorists with information that will endanger our personnel and facilities. A seemingly harmless act, like posting photos to the Internet, could be just what's needed to complete one of their horrific plans.

# Pentagon revises smallpox vaccination policy

by Army Sgt. 1st Class Doug Sample  
American Forces Press Service  
with contributions by Capt. Bruce Clements  
131st Medical Squadron Public Health Officer

**WASHINGTON (AFPN)** — Department of Defense officials are taking a watchful approach to the department's smallpox vaccination program after the Centers for Disease Control and Prevention in Atlanta reported investigating whether a sequence of cardiac deaths was associated with the vaccine.

Government officials have suggested that anyone with certain heart-related risk factors not take the vaccine. They continue to examine several suspected cases, including that of a 55-year-old National guardsman who died of a heart attack five days after receiving the vaccine.

Following the CDC's recommendation, Col. John Grabenstein, deputy director for military vaccines for the Army's surgeon general, said the Defense Department is revising its policy for some 500,000 military members whom it plans to vaccinate against smallpox.

The military has medically screened vaccine recipients since the program's beginning, Grabenstein said. He said officials would now take an even closer look at risk factors such as tobacco use, high blood pressure, high cholesterol, diabetes and family history of heart disease before giving the vaccine.

"People with three or more of those conditions would be exempted," he said. Grabenstein cautioned anyone — vaccinated or not — to seek health care if they experience chest pain or shortness of breath with exertion.

Military members receiving the vaccine are those deployed or deploying to a U.S. Central Command area of operation; those who would go into a smallpox outbreak area to help control the disease; and health care workers at DOD hospitals and clinics who would treat smallpox patients. Grabenstein said there is no plan to vaccinate everyone in the military at this time. "It's a pretty focused and targeted program," he said.

Even with the public concern over the safety of vaccine, he said the recent deaths seem to be in proportion with usual rates of death.

"The evidence that we have so far shows that these are not linked in a cause and effect way," Grabenstein explained. "The deaths seem to be just the natural level of heart attacks that occur among unvaccinated people. But the investigation is not finished, and to be on the safe side, this extra precaution is being taken."

More than 350,000 servicemembers have been vaccinated, with "the expected number of post-vaccination symptoms and few serious reactions," he said.

"Lots of people had itching at the vaccination site, swollen lymph nodes under the arms, which are fairly common," Grabenstein said. "In terms of serious reactions, we've had few, in fact fewer than we would have expected looking at the historical figures. We're pleased with the success of the program."

On Dec. 13, President Bush announced a nationwide smallpox vaccination plan out of concern that bioterrorists could use the germ that causes the smallpox disease as an agent to attack the United States. Although smallpox was eradicated in 1980, the germ was kept in two laboratories in the United States and the former Soviet Union for study. Whether the germ is in other locations is unknown.

"The smallpox vaccination program is controversial among some healthcare and public health professionals," said Capt. Bruce Clements, public health officer for the 131st Medical Squadron. "The reason for this is that we are vaccinating and placing our people at some measurable risk for side effects against a theoretical risk for smallpox. There is not a case of smallpox anywhere in the world. However, we have good intelligence to indicate the virus that causes smallpox is in the hands of our enemies. We are vaccinating for national security."

# Personnel database upgrade runs smoothly

by Maj. John J. Thomas  
Air Forces Personnel Center Public Affairs  
with contributions by Master Sgt. John Youngstrom, NCOIC of Customer Support for the 131st Military Personnel Flight

**RANDOLPH AIR FORCE BASE, Texas (AFPN)** — One week before the end of March, in the middle of a war, the military personnel data system underwent a major database upgrade — and nobody noticed.

“After some of the things we’ve gone through that made MilPDS almost a four-letter word throughout the Air Force, this is an important accomplishment,” said Col. Anna Rivers, director of personnel data systems at the Air Force Personnel Center at Randolph Air Force Base.

“It was a quiet behind-the-scenes victory,” said Maj. Gen. Tom O’Riordan, center commander. “Our folks did a huge amount of work getting ready for this so that everyone in the

field wouldn’t have to skip a beat, and we were very sensitive that Air Force people are busy fighting a war.”

“This is just what we want — a personnel data system that seamlessly and reliably acts as the backbone for the Air Force,” he said.

The general said success will be measured when field commanders’ attitude toward the system is “benign indifference,” when they do not have to think about it and instead can focus on their mission.

“We’re one step closer to that,” he said.

“Without this and future upgrades, all we might have left, after bringing MilPDS online, is an instant ‘legacy’ system,” said Rivers.

Upgrades are necessary to avoid having the new system become obsolete before it is even two years old, “which is what we faced without an upgrade,” she said.

The “last sigh of relief” came after making it through the heavy end-of-the-month transaction period “without a hitch,” despite major updates including pay and promotions, officials said.

“With this upgrade, no news is good news,” O’Riordan said.

“MilPDS is getting better all the time,” said Master Sgt. John Youngstrom, the noncommissioned officer of customer support for the 131st Military Personnel Flight. “It has some positives and negative, however, when the full capabilities are realized, it will be great.”

What was different this time from the launch of MilPDS in June 2001, was better teamwork and more deliberate testing, Rivers said.

“We ran thousands of tests before making the database changes, and we were confident of success,” she said. “Otherwise, we wouldn’t have gone ahead with it in the first place.”

# Air Force revises body modification guidance

by Staff Sgt. A.J. Bosker  
Air Force News  
with contributions by Col. Michael Brandt  
131st Fighter Wing Commander

**WASHINGTON** — The Air Force has revised personal appearance guidelines in response to a trend involving extreme body modification and mutilation that is becoming common among a small, yet growing segment of the population, according to personnel officials.

This change is in Air Force Instruction 36-2903, Dress and Personal Appearance of Air Force Personnel. It prohibits airmen from intentionally altering or modifying their bodies in order to achieve a visible effect that disfigures, deforms or otherwise detracts from a professional military image, said Lt. Col. Frank Pombar, chief of the Air Force quality of life programs and

uniform branch at the Pentagon.

“The Air Force is a profession of arms and there are certain appearance standards that we must adhere to,” Pombar said. “Whether in or out of uniform, we represent the Air Force and must conduct ourselves professionally.”

Although the colonel believes very few airmen will actually be impacted by this policy clarification, it will benefit recruiters, first sergeants, commanders and airmen.

“For some time now, recruiters have been seeing a growing number of people with extreme body alterations or piercings,” he said. “Without specific guidance, recruiters often had to rely on personal opinion or taste to make a decision as to what was or was not appropriate.”

However, this change to the AFI is not a checklist nor is it

intended to tie the hands of Air Force officials, Pombar said.

The goal is to establish broad guidance to assist commanders, first sergeants, recruiters and airmen in determining what is or is not acceptable and professional, he explained.

Administrative or disciplinary action will be left up to the discretion of each commander if they feel airmen have done something to themselves that might detract from their professional military image.

“This policy allows for some flexibility, but if anyone is considering some type of body modification or physical alteration procedure, they should talk to their first sergeant or commander before making a decision,” Pombar said.

“There are many requirements that come with a military career, and appearance is one of them,” said Col. Michael Brandt, 131st Fighter

Wing Commander. “I expect all members of the 131st to not only meet the standard, but to exceed it. The first impression we have of someone is how they look. You only get one chance and it speaks volumes about who you are and what you stand for. Be proud of yourself and your unit, and reflect it in your appearance.”

The bottom line is that there are certain appearance standards that the service and the nation expects airmen to adhere to and therefore Air Force people must always strive to conduct themselves in a professional manner, Pombar added.

“Hopefully we have created a useful guideline that will let everyone know what the Air Force standard is and what is expected of all men and women wearing the Air Force uniform,” Pombar said.



Master Sgt. Bill Anderson, a structural craftsman at Cannon Range, looks through an aiming scope to see where a bomb hit and to calculate a score of how close or how far the pilot came to hitting a target with its munitions.



A strafe target is just one of the nine scored targets used on the range. Transducers are used to “hear” bullets shot at super sonic speeds and to count the number of 20 or 30 mm rounds it heard. Equipment then displays the number, so the Range Control Officer (RCO) can call the score to the pilots. Pilots use these scores to improve their accuracy on their next runs.



Senior Airman Aaron Young, an information management specialist, and Senior Airman Joel Britton, a supply journeyman, practice using fire fighting equipment. Extinguishing fires is one of the many jobs outside of their Air Force Specialty Codes that the 10 members working at the range are called upon to do.



Master Sgt. Jim McDevitt, an equipment operator at Cannon Range, uses a loader/forklift to move an armored personnel carrier around the range. The carrier looks like swiss cheese because it was fired upon by an A-10 Thunderbolt II using 30 mm bullets. The carrier is being moved to the scrap pile to be recycled and it will be replaced by another vehicle target which was turned into Defense Recycling Management Office (DRMO).



This plane is one of more than 30 tactical (non-scored) targets.



*Photos by Staff Sgt. Cathy Lirette*

**This bridge and train was designed and built by the 10 members of Cannon Range. The train was constructed out of fire trucks and other vehicles. The men have also built several other things throughout the range.**

## Cannon Range: Lambert Field's best kept secret

**by Staff Sgt. Cathy Lirette  
Editor**

To the average person, the stretch of land located just 12 miles out of Fort Leonard Wood would look similar to a salvage yard. However, to the men and women of the armed forces, it is an invaluable training tool for their pilots.

Located within a 1,200 acre piece of land owned by the Army, is a 305-acre section that is contracted by the Missouri Air National Guard and used as a training aid for military pilots. Known as Cannon Range, it provides a sort of dart board in which pilots can practice firing and launching weapons at real life targets such as planes, helicopters, tanks and more.

"Our purpose is to provide an area for aircraft to deliver weapons onto a realistic

tactical target," said Lt. Col. Craig "Mongo" Schuld, commander of the range. "We do this by researching real world targets, constructing them from materials on hand or used vehicles, and then arranging them in a manner we would expect them to be deployed on the battle field."

The concept of Cannon Range began in the 1970s due to range requirements and the distance to the nearest existing ranges, which were located in, Wisconsin (Hardwood Range), and in Indiana (Jefferson Proving Ground). The 131st Fighter Wing was converting from F-100s to F-4s and needed a closer range where pilots could learn the capabilities of the new jet.

The range first opened in 1979 and was named after Col. Bill Cannon who was

commander of the 131st Fighter Group from 1969 to 1975. Its initial users were St. Louis and Springfield, however today it is used by Air National Guard units in Springfield Ill., Tulsa Okla., Ft. Smith Ariz., and Terre Haute Ind.; as well as an Air Force Reserve unit from Whiteman Air Force Base.

Sortie count exceeded 4,000 annually during the period of 1986 through 1989 and today averages around 2,000. The majority of the munitions dropped today are BDU-33s, which are good for practice since it gives off smoke mark that can be seen from the two towers located on the range.

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According to Master Sgt. Bill Anderson, a structural craftsman at Cannon Range, they use that smoke to score the bomb impact and pass that score on to the pilots.

"In the towers we use an aiming scope to see where the bomb hit," he explained. "Then our two towers use the measurements in the scope to calculate a score of how close or how far the pilot came to hitting the target. He then uses these scores towards his next run."

Anderson continues that they can also measure the number of 20 or 30 mm rounds that hit their strafe target by using transducers, or in layman terms known as microphones. These transducers "hear" bullets shot at super sonic speed and count the number it heard. The equipment then displays the number, so the Range Control Officer (RCO) can call the score to the pilots.

"The training that these pilots are accomplishing is based on possible real world commitments," said Schuld. "So everyone out here takes what they do very seriously."

Currently there are more than 30 tactical (non-scored) targets and nine scored targets. Pilots have the challenge of detecting smaller targets such as weapons bunkers,

tunnels, bridges, anti-aircraft artillery and more. And while these present a unique challenge, some pilots go even further by trying to earn "bragging rights" by shooting out glass windows within the targets.

Nonetheless there are several other targets from which they can choose from including trains, convoys, and a 6,000-foot runway and associated taxiway. However, as one could imagine with all this practicing comes the responsibility of cleaning up all the munitions.

"That is just another part of our jobs," said Anderson. "Once a year, or as needed, an Explosive Ordnance Disposal team comes out to probe the munitions to see if they are safe. Then once all the munitions are declared safe we have a massive cleanup in which we collect all the expended munitions."

Yet this is only one of the many tasks that each of these 10 military members have to perform. In fact, now that two of their comrades (Tech. Sgt. John Temple and Staff Sgt. Ray Shattuck) are deployed overseas in support of the war, the eight remaining members are being called upon to do several other jobs that are outside of their Air Force Specialty Codes (AFSCs).

"This is a very demanding job," said Senior Airmen Joel Britton, a supply journeyman. "We have to be knowledgeable in several different areas. If I had to estimate, I would have to say we spend

about 20 percent of our time doing things within our AFSC and 80 percent doing other jobs. Working out here you can't be closed-minded. When you're needed to do something you just have to do it."

Some examples of the extra details which they have accomplished are the construction of the entire main building to include seven offices, a full kitchen, break room and more and the installation of a three mile chip and seal road that leads to the range.

From construction to cleanup, they do it all. In fact, the men out at Cannon Range are completely self-sufficient.

"We function as an entire wing," said Schuld. "We are an independent unit complete with our own supply and information management."

However, he adds that the downfall of this is that not many people are knowledgeable of the range.

"The base (Lambert Field) has had such a turnover that not many people know we are out here or that the range even exists," he said. "That is why the range usually holds a yearly Open House that is open to the general public. Annually, the open house brings in a crowd of 2,500 to 3,000."

The Open House consists of visitors viewing several different aircraft training on the range as well as a barbecue lunch.

The 2003 Open House is scheduled for 6 September 2003. For more information, call 314-527-7297.



**BDU-33s (Bomb Dummy Units)** can be found all throughout the 305 acres of Cannon Range.



During the range's annual Open House visitors can view all the action from the visitors area located next to the tower. The platform was designed from a boat used as floating bridge by the Army.

# New parachute simulation teaches aviators invaluable life savings skills

by Staff Sgt. Cathy Lirette  
Editor

In efforts to increase its reality-based training, the life support section of the 110th Fighter Squadron now offers pilots parachute training using the virtual reality parachute simulator.

The simulator, which they received last December, presents pilots with a multitude of scenarios in which they are affected by an assortment of variables such as parachute malfunctions and changes in wind, visibility and terrain.

"The simulator is a good tool for the pilot to demonstrate his or her capabilities of descending in a parachute," said Chief Master Sgt. Jeff Schneider, life support superintendent. "It allows him or her to experience several malfunctions of the 'chute' and to use the necessary corrective actions."

According to Schneider, the process begins by hooking the pilot into the simulator and loading the scenario into the computer. From that point, pilots demonstrate their ability to adequately descend in the parachute. However, the process is not that easy.

"We try to duplicate the terrain as to what they would normally be flying over here in Missouri, which is hilly and predominately trees with small lakes" he said. "That in itself can be difficult. However, we can also change the sceneries to include a desert, an urban area, a city, a jungle and much more.

"Then to increase the difficulty of the decent, we can

change the winds from a slight breeze to a maximum of 13 knots, which is incredibly hard to maneuver in," he continued."

As the norm, pilots descend from an altitude of 4,000 feet, yet the sky is the limit when it comes to how high the altitude can be programmed. Yet, one of the biggest challenges of the program are the parachute malfunctions which include a parachute streamer in which the chute does not open and fill with air; a line over, in which the suspension line is draped over the parachute, and several other malfunctions.

"We try to challenge the pilots so if they are ever in the same situation they will know how to handle it," said Schneider. "The system also allows us the opportunity to critique the pilots at the end of the training.

Both the pilot and the instructor can review the scenario together and discuss the things that were performed correctly and the things that need to be improved upon."

Currently, about half the pilots have received training on the simulator. It is a bi-annual requirement and something they will undoubtedly become accustomed to.

Previous training was conducted by hanging harness parachute training, which was performed without the utilization of a computer. In the past, the pilot and instructor would verbally discuss scenarios, malfunctions and strategies to descend successfully in the parachute.



*Photo by Staff Sgt. Cathy Lirette*

**Tech. Sgt Tim Wilson, 110th Fighter Squadron Life Support, hooks Dustin Bitikofer, a senior at Webster Groves High School, into the virtual reality parachute simulator during a tour offered earlier this year.**

Training was completed in two sections with the first covering descent and the second half pertaining to the correct body posture and position for the terrain in which they were landing such as open terrain, trees, power lines, water, etc.

"We still verbalize during much of the training on the simulator," said Schneider. "However now the pilots get a visual representation of what's occurring."

"This is necessary training and something you must

continually train for," said Maj. Steve Dasuta, Wing plans officer for the 110th Fighter Squadron. "If we didn't, we would forget the procedures and be in a world of hurt if we actually had to eject."

Dasuta has trained with the simulator approximately four times and fully understands the importance.

"As a pilot, I hope that I would never have to use the ejection system and parachute, but incase I ever had to I know I could rely on the training I received," he said.

# Family Readiness Group helps families

by **Kathy Fitzgerald**  
**Family Readiness Coordinator**

I am Kathy Fitzgerald the Family Readiness Coordinator. I have been here since August of 2002 and my office is located on the 2nd floor of the Base Community Center. I serve as coordinator for Lambert, Jefferson Barracks, and Cannon Range.

The two main focuses of the FRG are the Family Assistance Program and the Family Support Program and Group. We usually have a meeting once a month, and it's a great place to meet others from the Wing who face the same challenges you do during deployments. We encourage both military members and their spouses or significant others to attend.

At the meetings we discuss important issues that have come up and also receive valuable information. At our previous meetings we have had a Red Cross briefing, a Tricare representative, and we also had a Stress Management Workshop.

In the last few months we have implemented a telephone tree. The purpose of the telephone tree is to provide a means of maintaining communication by telephone during times of deployment. Interested members of the FRG take no more than 10 families and contact the families once a month.

Their main goals are to let the families know they are remembered by the unit, that the FRG

is available to them and to find out if they need any assistance.

Past FRGT-sponsored events include Family Day last September (in conjunction with the St. Louis County Fair and Air Show), a bake sale and several successful raffles. We are planning a fundraiser this summer at Bush Stadium as we participate in their concession stand duty venture.

We are also planning "Soldier for a Day" for youths aged 9-13. They will learn many skills and tools to deal with teambuilding, military life and quality of life issues. Other bases have done this in the past and the kids really love it. I feel it will be an educational, memorable, enjoyable experience for all participants.



*Courtesy Photo*

Check out the FRG folder that is located in Outlook on "public folders". It has a lot of valuable information. If you need further assistance, call me at 314-527-6254 or 314-239-6383 (cell). I am also on the global at [kathy.fitzgerald@mostlo.af.mil](mailto:kathy.fitzgerald@mostlo.af.mil).

## Items of interest

The Air National Guard instituted a policy of annual dental examinations. A member of the 131<sup>st</sup> Fighter Wing will be expected to return a signed form (DD Form 2813) from their dentist annually and visit the dentist at the Medical Squadron every five years. Currently only the five-year visit is required. The goal of the policy is to better ensure the medical readiness of the Air National Guard. Conditions that make a member unqualified for world-wide duty (Dental Class 3) are those that could result in a dental emergency in the next 12 months. These include, but are not limited to, the following:

1. Large carious lesions (cavities)
2. Severe periodontal disease (gum disease)
3. Partially impacted third molars (wisdom teeth)

The wisdom teeth are a surprise to many guard members. Wisdom teeth that are partially in the bone and partially in the mouth can lead to an infection in the gum tissue covering the tooth. The tooth must be removed to prevent this infection.

If you have any questions or concerns regarding this policy, please contact Lt. Col. Ernest Jackson, MSgt. Regina Bohatila or me at the Medical Squadron 527-6281.

Under the provisions of Public Law 107-314, the National Defense Authorization Act for FY 2003, which was enacted into law on December 2, 2002, Congress has approved the extension of the MGIB-SR 10-year delimiting date. Section 641 changes the delimiting date for certain Selected Reservists training under chapter 1606 of title 10 from 10 years to 14 years.

This change is effective October 1, 2002, and applies only to persons whose eligibility to chapter 1606 began on or after October 1, 1992 (members who still were within their 10 year window on 1 Oct

2002). If the member's 10-year window had already expired on 1 Oct 2002, their 10-year window will NOT be extended.

MPFs need take no action. The VA Hines office will change the delimiting dates for all affected MGIB-SR records. The VA is aware that some of these cases will require award adjustment to resume or extend award periods based on the new provision.

For more information contact Senior Master Sgt. Sheree Anderson at DSN 327-5789 or email her at [sheree.anderson@ngb.af.mil](mailto:sheree.anderson@ngb.af.mil)

# Promotions

## Technical Sgt:

Jeffrey Lauharn 131 CES  
Travis Poole 239 CBCS  
Cheryl Ropp 131 FW  
Kevin Cashion 131 FW  
Eric Gremminger 131 SFS  
Ryan Grieb 239 CBCS  
Shane Rowe 131 SFS  
Daniel Thornton 131 MXS

Bobby Coonce 131 CES  
Michael Cooper 131 SFS  
Dwayne Henslee 131 MXS  
Stephanie Huffines 131 SFS  
Jordan Marquez 131MDS  
Willie May III 239 CBCS  
Jacob Miracle 239 CBCS  
Jonathan Plessner 131 MXS  
Jason Schoen 131 AGS

Heather Bimson 131 AGS  
Edward Burnley 131 CES  
Matthew Christ 131 AGS  
Holly Dixon 131 AGS  
Mark Fattman 131 AGS  
Lance Hainen 131 AGS  
Mathew Ham 131 CES  
Jason Hobbs 131 AGS  
Victoria Hubbard 131 MXS  
Charles Juden IV 131 CES  
Nathan Kern 131 CES  
Jaclyn Lenhard 131 MXS

Kevin Triplett 131 MXS  
Rayna Griffin 239 CBCS  
Maggie Schulte 131 MXS  
Kelley Berry 110 FS  
Tabitha Jones 239 CCS  
Craig Koeninger 131 MS

## Staff Sgt:

Angela Brown 131 LS

## Senior Airman:

Shawn Behnk 131 MXS

## Airman:

Jeremy Penn 239 CBCS

# Awards and Decorations

## Air Force Meritorious Service Medal

Col. Steven H. Saylor 131 FW  
Senior Master Sgt. Daniel E. Edmondson 131 LS  
Senior Master Sgt. James R. Spooner 131 CES  
Master Sgt. Christopher J. Kane 131 CBCS  
Master Sgt. Brenda J. Mathes 131 FW  
Master Sgt. Keith A Buser 131 CES  
Technical Sgt. Barbara A Healy 131 FW  
Technical Sgt. Steven M. Meissner 131 CES

## Air Force Achievement Medal

Senior Master Sgt. Edwin L. Tieman 131 MS  
Master Sgt. Gregory G. Schumacher 131 MS  
Tech. Sgt. Andrew C. Godsey 131 MS  
Tech. Sgt. Ronald D. Kozuszek 131 MS  
Tech. Sgt. Lanzie Lucas 131 MS  
Staff Sgt. Gregory S. Dunlap 131 MS  
Staff Sgt. Gerlach W. Ummels 131 MS

## Congratulations to the following members who have earned their Community College of the Air Force (CCAF) Associate of Applied Science Degree (AASD):

### October 2002 Graduates :

	<u>Degree Titles</u>	<u>Member's Unit</u>
SSgt Angelique S. Adams	Bioenvironmental Engineering Technology	131st MDS
SSgt Kevin M. Byrne	Airframe Repair Technology	131st MXS
SSgt William D. Miller	Avionic Systems Technology	131st MXS
TSgt Mark W. Petot	Electronic Systems Technology	218th EIS
SSgt Nathan E. Schelp	Aircraft Systems Maintenance Technology	131st AGS

### April 2003 Graduates:

	<u>Degree Titles</u>	<u>Member's Unit</u>
TSgt Carissa M. Allen	Logistics	131st LRS
MSgt Jonathon E. Briney	Logistics	239th CBCS
TSgt Bobbette Claxton	Logistics	131st LRS
MSgt Timothy D. Colvin	Safety	131st FW
SSgt Michael J. Cossou	Electronic Systems Technology	218th EIS
SSgt Andrew M. Johnson	Electronic Systems Technology	
MSgt Charles D. Matheny	Electronic Systems Technology	218th EIS
SSgt Thomas G. Poelker	Aviation Maintenance Technology	131st MXS
SSgt Robert E. Simpson Jr.	Aviation Maintenance Technology	131st MXS
MSgt Lola J. Wiseman	Information Systems Technology	239th CBCS

Formal Recognition Graduation Ceremony Tentatively Scheduled for November 2003. For information on earning a CCAF AAS Degree, contact the Base Education and Training Office Monday through Friday from 7 a.m - 3 p.m. at 527-6360 or on base ext 6360.

## Congratulations to the following members who received outstanding scores on their Career Development Courses

<u>Member</u>	<u>Score and AFSC</u>	<u>Member's Unit</u>
SSgt Jason White	95% on the 1T171	131st FS
SSgt Kevin M. Byrne	92% on the 3A051A	131st AGS

# Get real, get fit:

## Break the excuse barrier

by 2nd Lt. Adrianne Traxinger  
Assistant Editor

The truth of the matter is, as members of the world's premier air and space force, it's part of our job to be in shape. Every year, we're examined for fitness with the cycle ergometry test, and soon we're going to have to do — ugh! — sit-ups and push-ups, too. But before dread of the gym makes you think about separation, here are some easy ways to fight the old clichés and build yourself into a healthy warrior.

### 'I'm not an athletic person.'

Athletes and people who exercise are different. "An athlete is someone who really participates in sporting events and therefore goes through training and regular exercise," said Floyd McSweeney, exercise physiologist in the population health support division at the Air Force Medical Operations Agency, Brooks City-Base, Texas. "But exercising for fitness is really exercising for health."

Continuous exercise for 20 minutes, three times a week, is a good start for a fitness program. The more muscles involved in the activity, the harder a workout your heart gets. That's why most aerobic exercises involve the legs and other large muscles.

Beware, though, of activities that aren't continuous — for instance, basketball.

"In most forms of recreational activity like that, there's start-and-stop. It's not continuous," McSweeney said. "If that's all they're doing as a form of exercise, they should certainly try to supplement it with something else or do a little more."

### 'I just don't have time.'

Time management is key here. Often when we get busy, working out is the first thing we cut from our schedule. Make it a priority to exercise. "It's probably one of the last things that should go, since it has the greatest impact on overall quality of life," McSweeney said.

He suggests making a commitment to exercise a minimum number of times each week and focusing on mornings. If you get your exercise out of the way before your

day starts, there are no meetings or "things that come up" to interfere with it. Also, if you're working out with a partner, there's someone to hold you accountable.

Know how much time you need to set aside. Don't forget to include time for warm-up, stretching and cool-down.

### 'I'm within my weight requirement.'

Exercise does more than just keep us within weight requirements. It keeps us healthy and mission-ready. People who exercise regularly generally have a lower rate of absenteeism and require less health care. In addition, their productivity at work is generally higher.

"Folks report being in much better psychological condition when they exercise regularly," McSweeney said.

Keep track of your heart rate when you work out to make sure you're working your heart at a good intensity. Exercise increases the strength of your heart, reduces blood pressure, decreases stress and lowers cholesterol, reducing your risk of heart disease. It also increases energy, improves sleep and keeps your complexion healthy. And although you may be meeting weight standards now, healthy exercise habits are important for long-term weight management, McSweeney said.

### 'The gym is boring.'

The way to solve this problem is to mix up things. Find activities that get your heart rate up but are enjoyable — or at least tolerable. Indoors, having music or the television on can help. McSweeney advises focusing your attention on something other than how your body feels while you're exercising. Sports are more fun, but make sure they involve continuous movement.

"Activities that place more emphasis on fun are probably not as effective as something like running on the treadmill might be," he said.

Exercising with a friend can help, too. Not only will it make your workouts less



Photo by Tech. Sgt. Gary Coppage

boring, but partners can be good motivators. A buddy can encourage, make sure you get to the gym and pick you up when you're down.

### 'I eat healthy, isn't that enough?'

"With poor nutrition usually comes a lack of exercise," McSweeney said. But good nutrition doesn't always indicate good exercise — they have to work together for better health. Working out increases the amount of calories you use, so you can eat more and are more likely to get nutrients you need. But, a balanced diet can't take the place of a workout. Physical activity is what makes muscles — including your heart — stronger.

Your body also needs water, especially when you're exercising. Consuming eight, 8-ounce glasses a day is enough when you're not working out, but you need more when you exercise. Sports drinks can replenish electrolytes that the body loses when it sweats, but they're not really necessary unless you're exercising vigorously for more than 60 minutes.

### 'I'm a lost cause.'

"The greatest source of motivation is internal," McSweeney said. "We can give folks reasons why they should want to exercise, but we know that doesn't always lead to a change in behavior."

But once you have the idea that exercise is good and start a program, the body adapts quickly. Muscle strength and endurance improve faster than cardiovascular health, but in three months, your results should be better fitness.

Keeping a journal of your workouts, including what activities you do and how they make you feel, can show your progress after just a couple weeks and motivate you to keep going.

By setting reasonable goals and mapping out a fitness plan, you can achieve those goals.